
Health Education

HED 100 Social and Personal Health and Wellness

3.0 units

Acceptable for credit: Transfer to UC, CSU

C-ID Course Number: N/A

Students will learn and synthesize information concerning the impact of the social determinants of health, including education, socioeconomic status, race, sexual orientation, disability and gender. Students are provided with a broad foundation of knowledge dealing with such social determinants in mental health, stress management, fitness, diet and weight control, prevention and control of communicable and non-communicable diseases, drugs and alcohol, first aid, cancer prevention and control, and the scope of, and access to community health services. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)